



St Gerard's Challenge!

How many points can you collect this week?



5 Points	10 Points
<ul style="list-style-type: none"> Pick a space, anywhere, it could be the living room carpet or the garden path. Moving from one end to another, count how many handprints? How many steps? How many star jumps? How many dance moves? Create an obstacle course, use pillows, books, toys etc to make a challenging path. Can you move from one end to another with a book on your head? Pushing a cuddly toy with your nose? Doing a silly dance? If outside, how many keepie ups? Time yourself, can you beat it next time? 	<ul style="list-style-type: none"> Jog/Skip for your daily exercise instead of walking. Pillow Challenge – How many times can you jump over a pillow in 60 seconds? Be sure to find a safe space. Can you create a rap/song/joke to share with your friends when you see them? Extra 20 points if you share them with your teacher or on twitter. Say a special prayer for everyone who is working hard to keep our friends and family safe.
15 Points	20 Points
<ul style="list-style-type: none"> Make an instrument for 'Clap for Carers' on Thursday. Empty bottle with some pasta? Pots and pans at the ready? Extra 5 points if you are super loud at 8pm. For our little ones already in bed, how noisy can you be at 5pm? Plan a 'Family Movie Night'. You're in charge – make some invites, get all the pillows and cushions and prepare some snacks. Cuddle up together for a family favourite. Ask your family for a review of the movie afterwards. 	<ul style="list-style-type: none"> Post a letter/picture to someone who misses you. Seeing your handwriting or picture will make them smile. How many smiles can you share? How many people can you smile or wave at on one walk? Remember to keep your distance but a smile brightens up everyone's day. Make a letter/picture put it in an envelope marked 'To be opened in May 2030'. Write/draw what life is like now. Extra 5 points if you guess what it could be like then!